

YOGAFEST RETREAT SOMERS – QUEEN'S BIRTHDAY WEEKEND 7-10 JUNE 2019

FRIDAY

TIME	CLASS	TEACHER	LOCATION
5.00-6.15pm	General Yoga	Johannes Mochayedi	Main Hall
	Chi Flow	Jean Forrest	Hill Studio
	Yin Yoga	Maria Ogden	East End
6.30-7.00pm	Pranayama	Bryan Rogers	Main Hall
7.15-7.30pm	Orientation	Telford Scully	Main Hall
7.30-8.15pm	Dinner		Main Hall
8.30-9.30pm	Welcome Ceremony		Main Hall
10.00pm	Lights Out – Silence until 9.30am tomorrow		

SATURDAY

TIME	CLASS	TEACHER	LOCATION
6.00-6.30am	Meditation	Shraddhaji	Main Hall
6.30-7.00am	Chai and Fruit		Main Hall
7.00-10.00am	I AM Meditation	Shraddhaji	East End
7.15-7.45am	Pranayama	Bryan Rogers	Main Hall
8.00-9.45am	Beginners Yoga	Rebecca Horne	Hill Studio
	General Yoga	Phoebe Dougall	Main Hall
	Chi Flow	Jean Forrest	Tower Block
10.00-11.00am	Breakfast - Cafe open 10.30-11.30am		Main Hall
11.30am-1.30pm	Shiatsu Workshop	Johannes Mochayedi	Main Hall
11.30am-12.30pm	Philosophy	Bryan Rogers	Hill Studio
	Nature Walk	Vishal Brook	Meet at Café
	Philosophy	Telford Scully	East End
12.30-1.30pm	Kite Flying	Adam Breman	Meet on lawn
	Headstand Workshop	Bryan Rogers	Hill Studio
	Lunch		Main Hall
3.00-4.00pm	Satsang	Shraddhaji	East End
4.15-6.00pm	General Yoga	Eugenie Knox	Main Hall
	Experienced Yoga	Michelle Giordmaina	East End
	Yoga Nidra	Rebecca Horne	Hill Studio
	Beginners Yoga	Phoebe Dougall	Tower

6.15-6.45pm	Pranayama	Bryan Rogers	Main Hall
	Meditation	Vishal Brook	Hill Studio
7.00-8.00pm	Dinner		Main Hall
8.30-9.30pm	Performance Night		Main Hall
10.00pm	Lights Out – Silence until 9.30am tomorrow		

SUNDAY

TIME	CLASS	TEACHER	LOCATION
6.00-6.30am	Meditation	Shraddhaji	Main Hall
6.30-7.00am	Chai and Fruit		Main Hall
7.15-7.45am	Pranayama	Bryan Rogers	Main Hall
8.00-9.45am	Beginners Yoga	Rebecca Horne	Hill Studio
	General Yoga	Telford Scully	Main Hall
	Experienced Yoga	Johannes Mochayedí	East End
	Chi Flow	Jean Forrest	Tower Block
10.00-11.00am	Breakfast - Cafe open 10.30-11.30am		Main Hall
11.30am-12.30pm	Philosophy	Bryan Rogers	Tower Block
12.00-1.30pm	Beach Jog	Adam Breman	Meet at Café
	Connecting in Contact Improv	Michelle Giordmaina	Hill Studio
	Asana Foundations Workshop	Vishal Brook	Main Hall
12.30-1.30pm	Roll and Release Workshop	Maria Ogden	East End
1.45-2.30pm	Lunch		Main Hall
3.00-4.00pm	Satsang	Shraddhaji	East End
4.15-6.00pm	General Yoga	Eugenie Knox	Main Hall
	Experienced Yoga	Vishal Brook	East End
	Restorative Yoga	Phoebe Dougall	Hill Studio
6.15-6.45pm	Pranayama	Bryan Rogers	Main Hall
	Meditation	Vishal Brook	Hill Studio
7.00-8.00pm	Dinner		Main Hall
8.30-9.30pm	Kirtan Chanting		Main Hall
	Astronomy - Seeing the night sky	Adam Breman	Lawn
10.00pm	Lights Out – Silence until 9.30am tomorrow		

MONDAY

TIME	CLASS	TEACHER	LOCATION
6.00-6.30am	Meditation	Shraddhaji	Main Hall

	Wim Hof Method	Chris Graham	Meet at Stage
6.30-7.00am	Chai and Fruit		Main Hall
7.15-7.45am	Pranayama	Bryan Rogers	Main Hall
8.00-9.45am	Beginners Yoga	Johannes Mochayedí	Hill Studio
	General Yoga	Vishal Brook	
	Experienced Yoga	Michelle Giordmaina	
	Yin Yoga	Maria Ogden	
10.00-11.00am	Breakfast - Cafe open 10.30-11.30am		Main Hall
11.30am-12.15pm	Closing Event		Main Hall
12.30-1.30pm	Camp Pack Up		